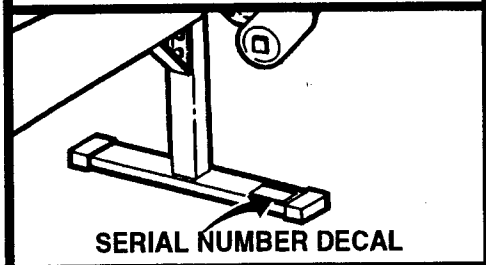


MODEL 1022 **FLEX 1000**

MODEL NO. 1022

SERIAL NO.

Write the serial number in the space
above for reference.



WAIT, READ THIS FIRST!

*If you find this unit to have missing or defective parts
please have ready the following information listed
below before calling the 800 NUMBER.*

The ASSEMBLY MANUAL

MODEL NUMBER of this UNIT

PART NAME or DESCRIPTION

ORDERING NUMBER

THE QUANTITY of each part that you need.

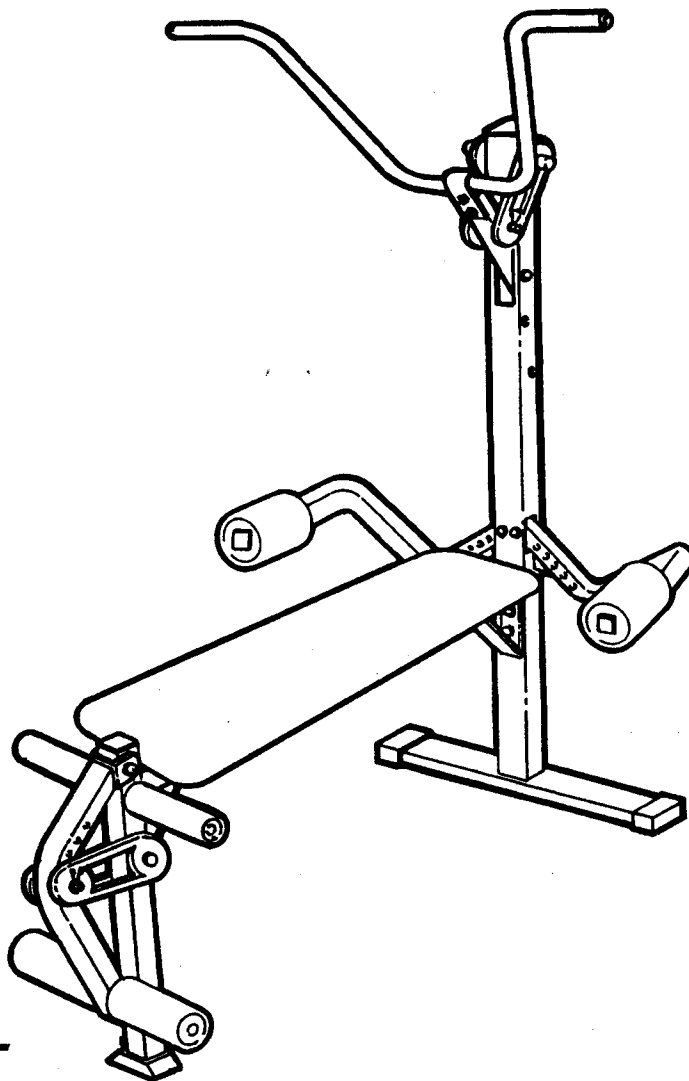
*THE MODEL NUMBER of this unit is found in the
UPPER LEFT-HAND or RIGHT-HAND CORNER of this
page. The MODEL NUMBER is a series of FOUR or
FIVE NUMBERS.*

*THE PART NAME or DESCRIPTION and the
ORDERING NUMBER can be found on the PARTS
LIST PAGE.*

Weider®

OWNER'S MANUAL

MADE IN CANADA



WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Check the tension of the linking cable and adjust out excessive slack if it occurs. Do not overtighten as this cable does not need to be drum tight.
6. Keep small children away from this equipment during use.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

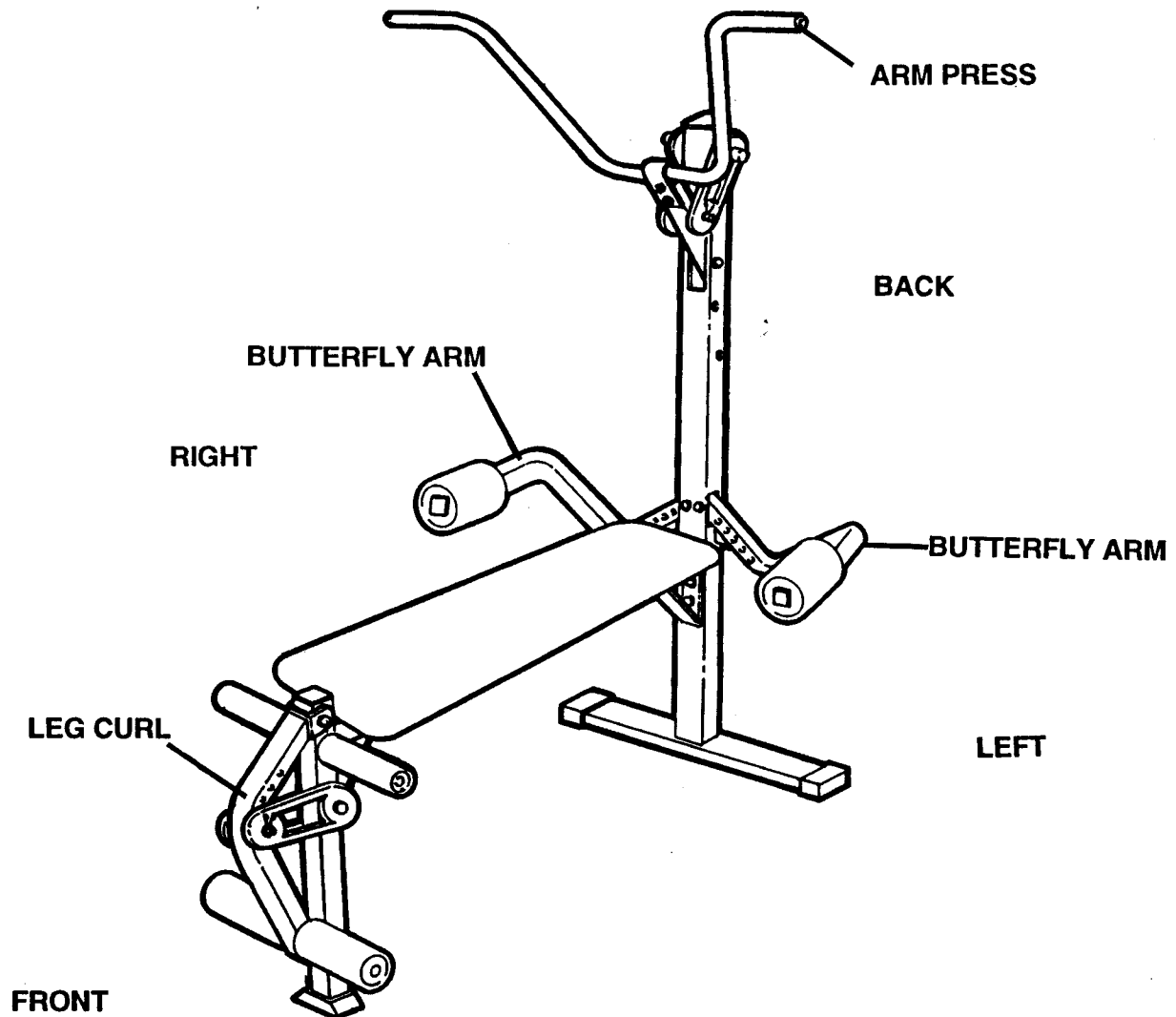
SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for choosing the Weider FLEX 1000 HOME GYM. Your Home Gym is designed and engineered to give you many hours of aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains conditioning guides, maintenance tips, and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your FLEX 1000 in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and to eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent.

1022 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	UPRIGHT	1	C3259-F38°F38
2	BACKBONE	1	C3260-F38°F38
3	BACKBONE BRACE	1	C6801-F38°F38
4	SEAT MOUNTING PLATE	2	C6765-F21°F38
5	BACKREST	1	C1389-F38°F38
6	LEG CURL	1	C3261-F38°F38
7	PAD BAR - 3/4" X 11 1/2"	1	C6394-F38°F38
8	FOAM ROLLER PAD - 2 3/4" X 5" X 3/4" I.D.	2	C0437-B25°F38
9	BUTTERFLY ARM - RIGHT	1	C3262-F38°F38
10	BUTTERFLY ARM - LEFT	1	C3263-F38°F38
11	MOUNTING BRACKET	1	C6803-F38°F38
12	ARM PRESS ARM	1	C3264-F38°F38
13	ARM PRESS EXTENSION	1	C3265-F38°F38
14	FOAM ROLLER PAD - 2 3/4" X 5" X 1" I.D.	2	C0472-F38°F38
15	FLEX BAND - EXTRA STRENGTH	2	C6270-F31°F38
16	FLEX BAND	2	C6255-E03°F38
17	FLEX BAND BAR - 3/4" X 6"	2	C6254-E03°F38
19	PAD BAR - 3/4" X 13 1/2"	1	C6395-F38°F38
20	FOAM ROLLER PAD - 2" X 6" X 3/4" I.D.	2	C0436-C16°F38
34	5/16" X 2 3/4" HEX HEAD BOLT	2	HH-5058°F38
35	5/16" X 3" HEX HEAD BOLT	3	HH-5167°F38
36	5/16" X 3 1/4" HEX HEAD BOLT	3	HH-5297°F38
37	5/16" X 2 1/4" HEX HEAD BOLT	1	HH-5199°F38
38	5/16" X 1 3/4" HEX HEAD BOLT	2	HH-5301°F38
44	5/16" FLAT WASHER	8	HH-5127°F38
45	5/16" NYLON LOCK NUT	9	HH-5012°F38
46	1/4" X 2" CARRIAGE BOLT	2	HH-5338°F38
47	1/4" FLAT WASHER	2	HH-5048°F38
48	1/4" NYLON LOCK NUT	3	HH-5011°F38
49	1/4" X 2" MACHINE SCREW	1	HH-5256°F38
50	1/4" X 1/2" MACHINE SCREW	4	HH-5022°F38
53	3/8" X 2 1/2" HEX HEAD BOLT	2	HH-5018°F38
54	3/8" NYLON LOCK NUT	2	HH-5088°F38
56	1" SQUARE PLASTIC INSERT CAP	2	AA-8220°F38
57	1" ROUND PLASTIC INSERT CAP	2	AA-8005°F38
58	3/4" ROUND PLASTIC INSERT CAP	8	AA-8004°F38
59	1 1/2" SQUARE PLASTIC INSERT CAP	2	AA-8001°F38
60	2 1/2" SQUARE PLASTIC INSERT CAP	1	AA-8013°F38
61	RUBBER FOOT - 1 1/2" X 3"	2	AA-8113°F38
62	PLASTIC FOOT	1	AA-8218°F38
63	3/8" X 1 3/4" BEVELED PLASTIC SPACER	2	AA-8219°F38
64	PLASTIC BUMPER	1	AA-8132°F38
65	LARGE SPRING CLIP - 3/4"	4	WW-7047°F38
66	SMALL SPRING CLIP - 3/8"	2	WW-7043°F38
67	3/8" X 4 1/2" ZINC PIN	2	WW-7070°F38
68	3/8" X 3 1/4" ZINC PIN	2	WW-7062°F38
75	FLEX 1000 DECAL	1 SET	DE-4273°F38
76	RESISTANCE SCALE DECAL	1 SET	DE-4273°F38
	ASSEMBLY MANUAL	1	CNN-1199°F38
	TRAINING MANUAL	1	CNN-1200°F38
	HARDWARE BAG (BOLT & NUTS)	1	C5990-F38°F38
	HARDWARE BAG (PLASTICS)	1	C5991-F38°F38

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

- a. Name of the product (FLEX 1000 HOME GYM)
- b. Model number of product (1022)
- c. Serial number of the product located on a decal on the frame
(See drawing on front cover for the location of this decal.)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

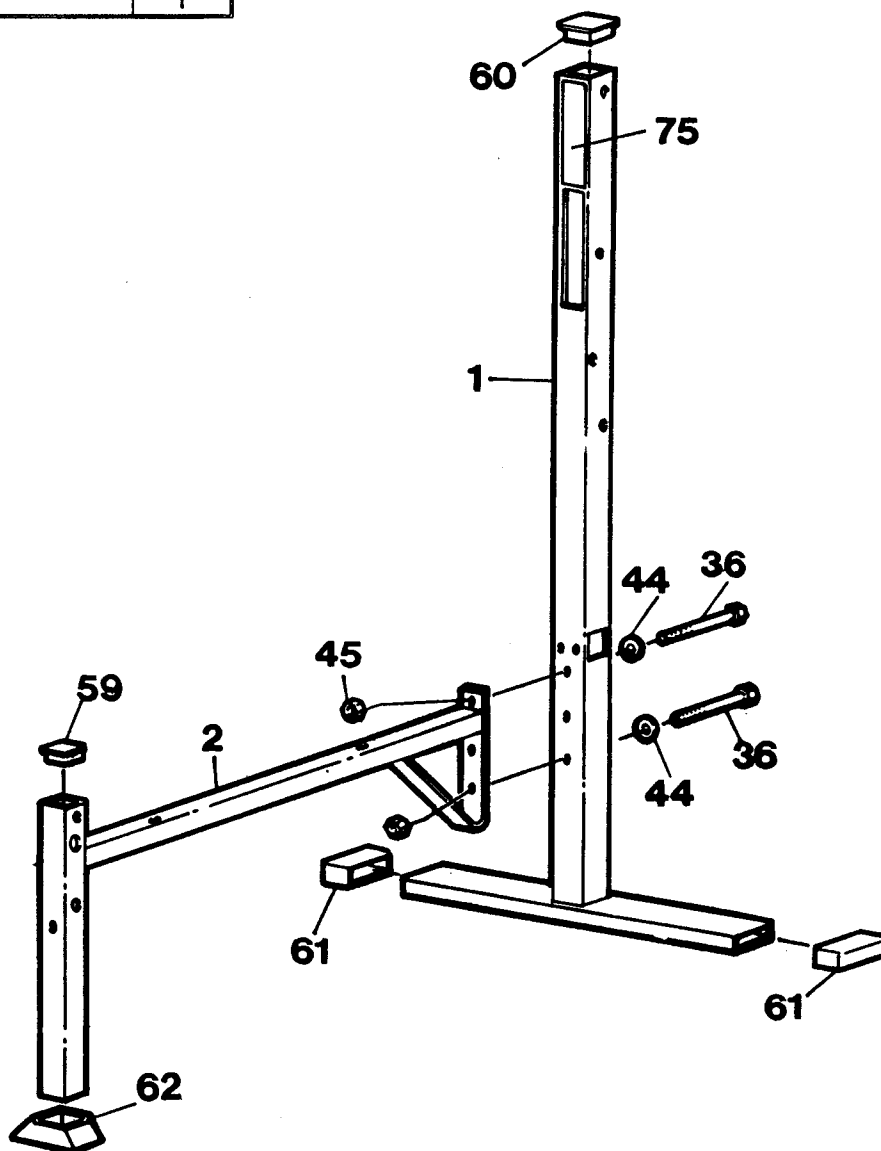
Weider Health & Fitness
Parts Service Department
900 West St. John Street
Olney, Illinois 62450

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
36 5/16" X 3 1/4" HEX HEAD BOLT	2
44 5/16" FLAT WASHER	2
45 5/16" NYLON LOCK NUT	2
59 1 1/2" SQUARE PLASTIC INSERT CAP	1
60 2 1/2" SQUARE PLASTIC INSERT CAP	1
61 1 1/2" X 3" RUBBER FOOT	2
62 PLASTIC FOOT	1

☐ Begin by inserting a 2 1/2" SQUARE PLASTIC INSERT CAP (60) into the top of the UPRIGHT (1).

☐ Press 1 1/2" X 3" RUBBER FEET (61) onto each end of the UPRIGHT (1) base.



☐ Press a PLASTIC FOOT (62) onto the leg of the BACKBONE (2).

☐ Insert a 1 1/2" SQUARE PLASTIC CAP (59) into the top of the leg of the BACKBONE (2).

☐ Attach the BACKBONE (2) to the UPRIGHT (1) by first assembling 5/16" FLAT WASHERS (44) onto two 5/16" X 3 1/4" HEX HEAD BOLTS (36). Bolt through the back of the UPRIGHT (1) and into the welded bracket of the BACKBONE (2). Secure with 5/16" NYLON LOCK NUTS (45).

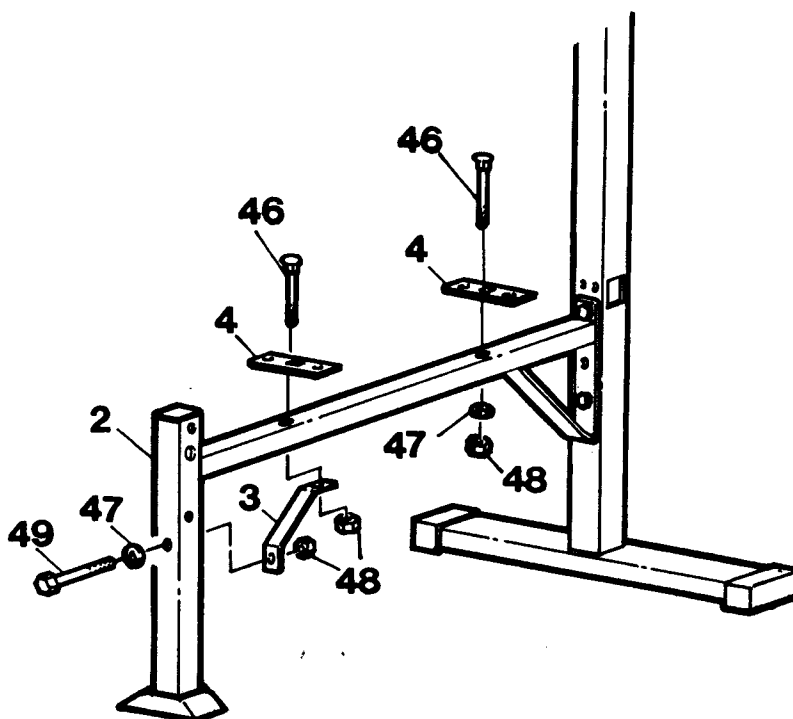
☐ Remove the FLEX 1000 DECAL (75) from the backing sheet and affix below the long slot at the top of the Upright.

STEP 2 SEAT MOUNTING PLATE & BRACE ASSEMBLY

PART NAME	QTY
46 1/4" X 2" CARRIAGE BOLT	2
47 1/4" FLAT WASHER	2
48 1/4" NYLON LOCK NUT	3
49 1/4" X 2" MACHINE SCREW	1

- ☐ Attach a SEAT MOUNTING PLATE (4) to the rear of the BACKBONE (2) using a 1/4" X 2" CARRIAGE BOLT (46) to bolt down through the Mounting Plate and then through the top of the Backbone. Assemble a 1/4" FLAT WASHER (47) onto the bolt and secure with a 1/4" NYLON LOCK NUT (48).

- ☐ Assemble a SEAT MOUNTING PLATE (4) and the BACKBONE BRACE (3) to the BACKBONE (2) using a 1/4" X 2" CARRIAGE BOLT (46) to bolt down through the Seat Mounting Plate, through the top of the Backbone, and then through one end of the Backbone Brace. Secure with a 1/4" NYLON LOCK NUT (48).



- ☐ Assemble a 1/4" FLAT WASHER (47) onto a 1/4" X 2" MACHINE SCREW (49) and attach the BACKBONE BRACE (3) to the leg of the BACKBONE (2) by bolting through the front of the Backbone leg and then through the unassembled end of the Backbone Brace. Secure with a 1/4" NYLON LOCK NUT (48).

STEP 3 BUTTERFLY ARM ASSEMBLY

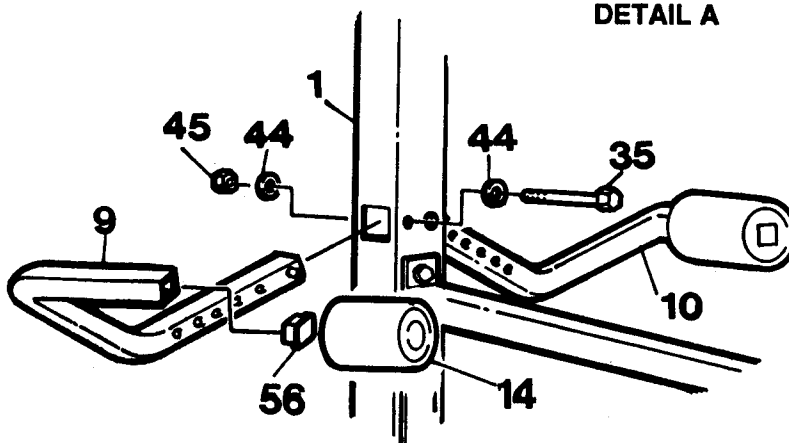
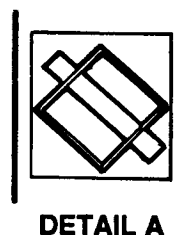
PART NAME	QTY
35 5/16" X 3" HEX HEAD BOLT	2
44 5/16" FLAT WASHER	4
45 5/16" NYLON LOCK NUT	2
56 1" SQUARE PLASTIC INSERT CAP	2

- ☐ Assemble the BUTTERFLY ARMS (9) and (10) into the UPRIGHT (1). TO DO THIS, TURN THE BUTTERFLY ARMS AT AN ANGLE SO THAT THE ARM AND THE WELDED SPACER FIT INTO THE OPENING OF THE UPRIGHT FRAME. ONCE INSIDE THE FRAME TUBE TWIST THE BUTTERFLY ARM BACK INTO A STRAIGHT ALIGNMENT. (SEE DETAIL A)

- ☐ Assemble a 5/16" FLAT WASHER (44) onto a 5/16" X 3" HEX HEAD BOLT (35) and bolt the BUTTERFLY ARMS (9) and (10) into position in the UPRIGHT (1) by bolting through the front of the Upright and then through the welded spacer in the Butterfly Arm. Assemble a 5/16" FLAT WASHER (44) onto the bolt and secure with a 5/16" NYLON LOCK NUT (45).

- ☐ Cap the ends of the Butterfly Arms with 1" SQUARE PLASTIC INSERT CAPS (56).

- ☐ To aid in assembling the 2 3/4" X 5" X 1" I.D. FOAM ROLLER PADS (14) (This is the Foam Roller of this size which has the larger inside diameter) to the Butterfly Arms, wipe a small amount of liquid dish detergent along the surface of the end of the Butterfly Arm tubes. Slide the Foam Roller Pads onto the Butterfly Arms until they are flush with the end of the Butterfly Arms.



STEP 4 MOUNTING BRACKET ASSEMBLY

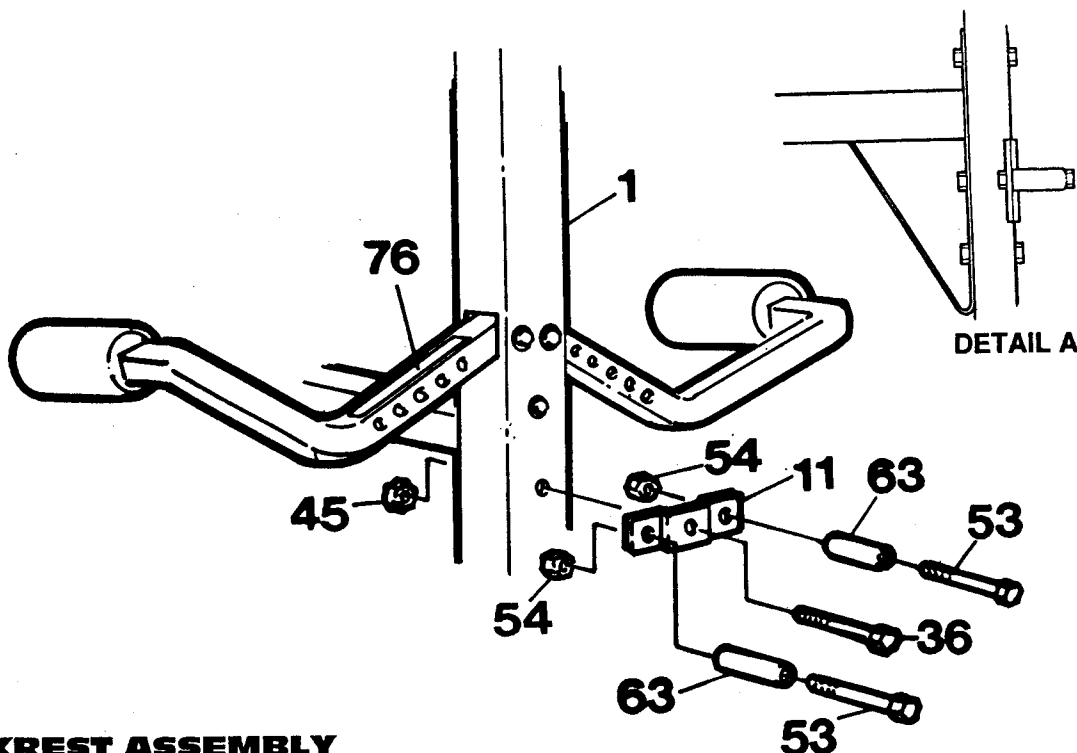
PART NAME	QTY
36 5/16" X 3 1/4" HEX HEAD BOLT	1
45 5/16" NYLON LOCK NUT	1
53 3/8" X 2 1/2" HEX HEAD BOLT	2
54 3/8" NYLON LOCK NUT	2
63 3/8" X 1 3/4" BEVELED PLASTIC SPACER	2

☐ Attach the MOUNTING BRACKET (11) to the back of the UPRIGHT (1) using a 5/16" X 3 1/4" HEX HEAD BOLT (36) to bolt through the Bracket and then through the back of the Upright. Fasten with a 5/16" NYLON LOCK NUT (45).

☐ Assemble the 3/8" X 1 3/4" BEVELED PLASTIC SPACERS (63) onto two 3/8" X 2 1/2" HEX HEAD BOLTS (53) with the beveled end of the Spacer at the head of the Bolt. (SEE DETAIL A)

☐ Insert the bolt assembly into the hole locations at the ends of the MOUNTING BRACKET (11). Secure in place with 3/8" NYLON LOCK NUTS (54).

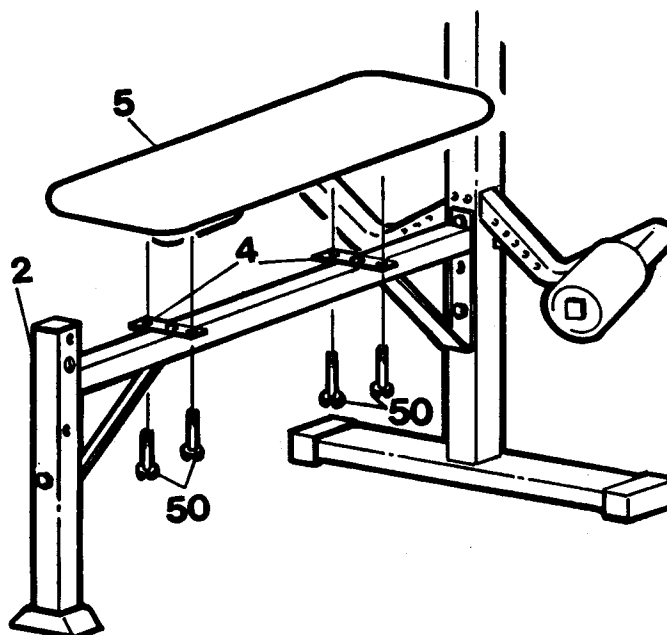
☐ Remove the BUTTERFLY RESISTANCE SCALE DECALS (76) (numbers from 15 to 55) from the backing sheet and affix atop the Arms so that "55" is positioned in line with the resistance hole furthest away from the Upright.

**STEP 5 BACKREST ASSEMBLY**

PART NAME	QTY
50 1/4" X 1/2" MACHINE SCREW	4

☐ Position the BACKREST (5) onto the BACKBONE (2) so the mounting holes in the brackets align with the holes on the underside of the Backrest.

☐ Bolt in place using 1/4" X 1/2" MACHINE SCREWS (50) to bolt up through the SEAT MOUNTING PLATE (4) and into the BACKREST (5).

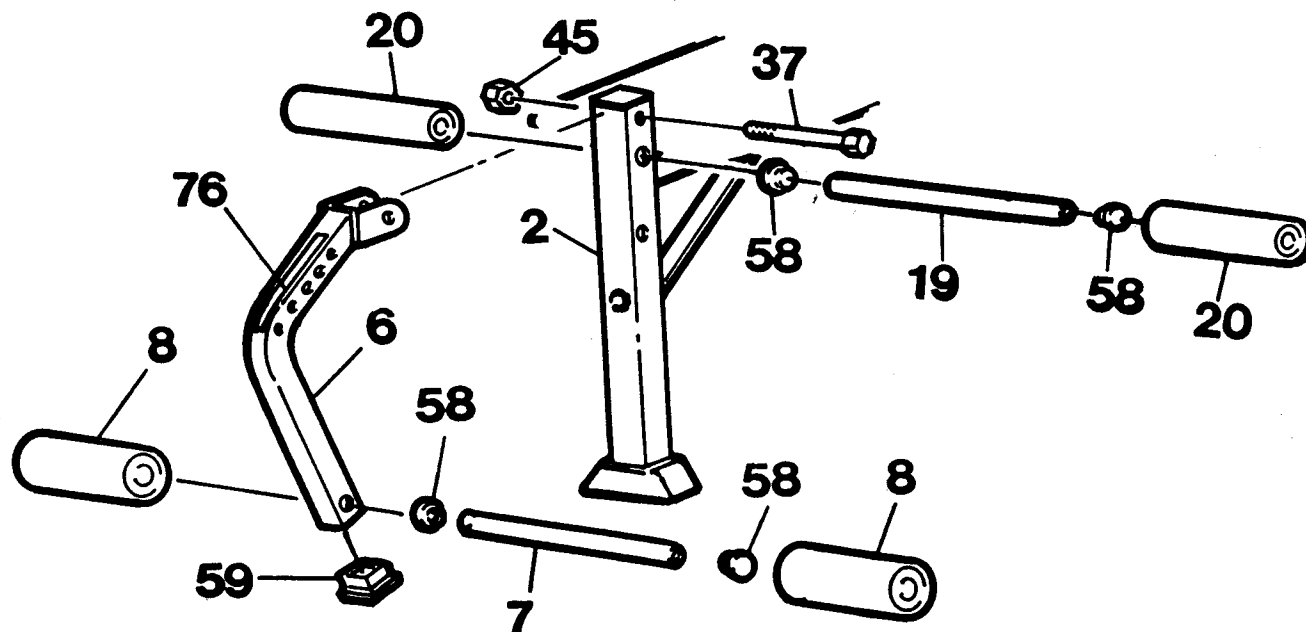


STEP 6 LEG CURL ASSEMBLY

PART NAME	QTY
37 5/16" X 2 1/4" HEX HEAD BOLT	1
45 5/16" NYLON LOCK NUT	1
58 3/4" ROUND PLASTIC INSERT CAP	4
59 1 1/2" SQUARE PLASTIC INSERT CAP	1

☐ Cap the end of the LEG CURL (6) with a 1 1/2" SQUARE PLASTIC INSERT CAP (59).

☐ Assemble the LEG CURL (6) to the BACKBONE (2) using a 5/16" X 2 1/4" HEX HEAD BOLT (37) to bolt through the bracket of the Leg Curl and then through the Backbone. Fasten with a 5/16" NYLON LOCK NUT (45).



☐ Press 3/4" ROUND PLASTIC CAPS (58) into the ends of the 3/4" X 11 1/2" PAD BAR (7) and into the ends of the 3/4" X 13 1/2" PAD BAR (19).

» **NOTE:** To each end of the PAD BARS (7) and (19), wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Pads. When the detergent dries, it acts as an adhesive.

☐ Onto one end of the 3/4" X 11 1/2" PAD BAR (7), press on a 2 3/4" X 5" FOAM ROLLER PAD (8). Assemble the Pad Bar into the hole location on the lower LEG CURL (6). Assemble another FOAM ROLLER PAD (8) onto the opposite end of the Bar.

☐ Onto one end of the 3/4" X 13 1/2" PAD BAR (19), press on a 2" X 6" FOAM ROLLER PAD (20). Assemble the PAD BAR (19) into the hole location on the upper BACKBONE (2). Assemble another 2" X 6" FOAM ROLLER PAD (20) onto the opposite end of the Bar.

☐ Remove the LEG CURL SCALE RESISTANCE DECAL (76) (numbers from 30 - 110) from the backing sheet and affix atop the Leg Curl so that "110" is positioned in line with the resistance hole furthest away from the top of the Leg Curl.

STEP 7 ARM PRESS ASSEMBLY

PART NAME	QTY
35 5/16" X 3" HEX HEAD BOLT	1
38 5/16" X 1 3/4" HEX HEAD BOLT	2
44 5/16" FLAT WASHER	2
45 5/16" NYLON LOCK NUT	3
57 1" ROUND PLASTIC INSERT CAP	2
64 PLASTIC BUMPER	1

- ☐ Press 1" ROUND PLASTIC INSERT CAPS (57) into the ends of the ARM PRESS ARM (12).

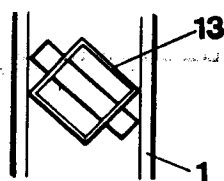
- ☐ Assemble the ARM PRESS EXTENSION (13) to the ARM PRESS ARM (12) by inserting the Arm Press Extension into the welded bracket of the Arm Press Arm. Align the bolt hole locations and bolt with a 5/16" X 1 3/4" HEX HEAD BOLT (38) through the welded bracket of the Arm Press Arm and then through the Arm Press Extension. Secure with 5/16" NYLON LOCK NUTS (45).

- ☐ Assemble the ARM PRESS ARM (12) to the top of the UPRIGHT (1) at the long slot location. TO DO THIS, TURN THE ARM PRESS ARM AT AN ANGLE SO THAT THE ARM PRESS EXTENSION AND WELDED SPACER FIT INTO THE OPENING OF THE UPRIGHT FRAME. ONCE INSIDE THE FRAME TUBE, TWIST THE ARM PRESS ARM BACK INTO A STRAIGHT ALIGNMENT. (SEE DETAIL A)

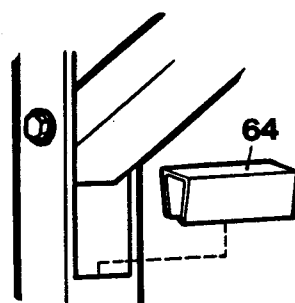
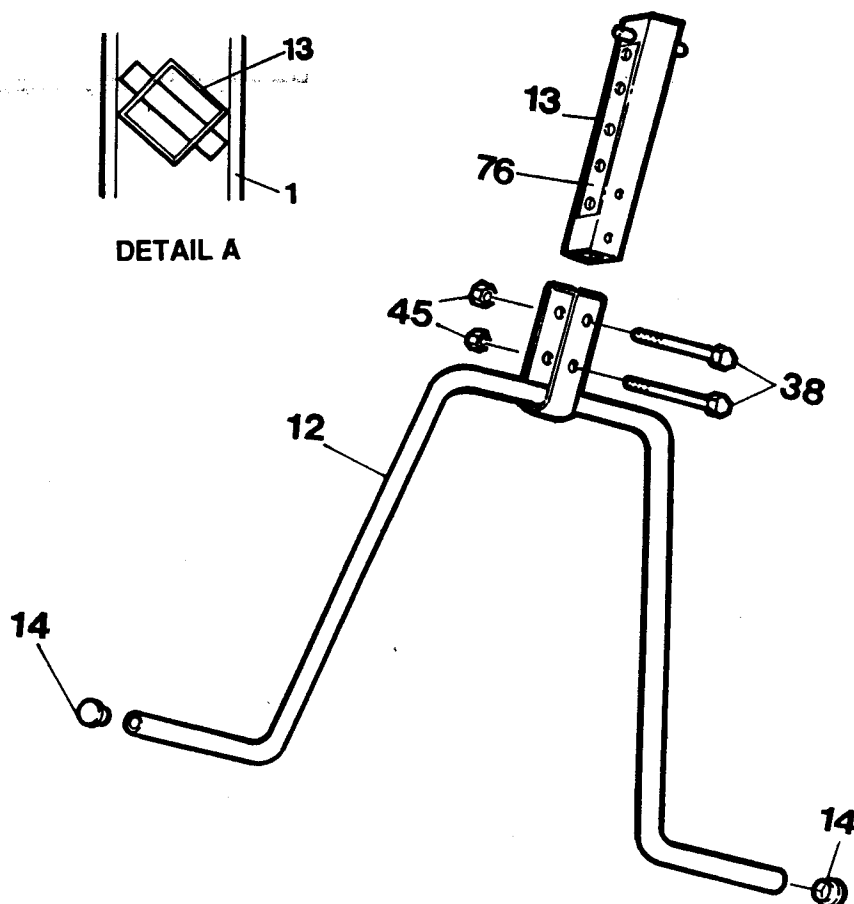
- ☐ Assemble a 5/16" FLAT WASHER (44) onto a 5/16" X 3" HEX HEAD BOLT (35) and bolt the Arm Press assembly to the Upright by bolting through the side of the Upright and then through the welded spacer of the Arm Press Arm. Assemble another 5/16" FLAT WASHER (44) onto the bolt end and secure with a 5/16" NYLON LOCK NUT (45).

- ☐ Attach the PLASTIC BUMPER (64) to the bottom side of the long slot in the UPRIGHT (1) where it comes in contact with the ARM PRESS ARM (12). (SEE DETAIL B) (FOR BEST RESULTS GLUE THE PLASTIC BUMPER).

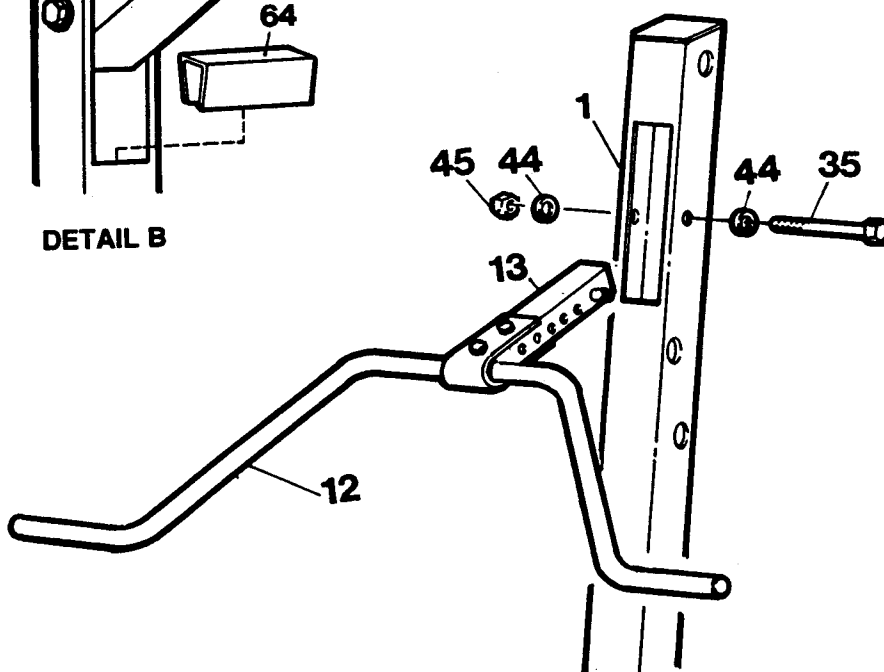
- ☐ Remove the ARM PRESS ARM RESISTANCE SCALE DECAL (76) (numbers 30 - 110) from the backing sheet and affix over the hole locations on the right side of the Arm Press Arm. Position the "20" at the hole location nearest the Upright.



DETAIL A



DETAIL B



ABOUT FLEX BAND RESISTANCE

UNLIKE WEIGHT STACK SYSTEMS, FLEX BAND SYSTEMS GIVE PROGRESSIVELY INCREASING RESISTANCE. AT THE BEGINNING OF THE MOVEMENT, THERE IS VERY LITTLE RESISTANCE, BUT BUILDS TO THE MAXIMUM RESISTANCE OF THE SETTING AT THE END OF THE MOVEMENT. ALSO, BECAUSE OF STRETCHING AND AGING OF THE BANDS, THEY MAY GENERALLY LOOSE RESISTANCE OVER A PERIOD OF TIME. WITH NORMAL USE AND CARE, YOUR BANDS WILL LAST A LONG TIME, HOWEVER, CARE SHOULD BE TAKEN TO NOT MISUSE OR OVERSTRETCH THEM.

HOW TO USE EACH EXERCISE STATION:

ARM PRESS EXERCISES:

THERE ARE THREE POSITIONS FOR USING THE ARM PRESS. THESE POSITIONS ARE: ARM PRESS; SEATED MILITARY PRESS; AND LAT PULL DOWNS.

ARM PRESS STATIONS:

- ☐ First cap each end of the ARM PRESS BAND BAR (17) with 3/4" ROUND PLASTIC INSERT CAPS (58).
- ☐ Insert the Bar into the bottom hole position of the Upright. (POSITION A)
- ☐ Slide one FLEX BAND - EXTRA STRENGTH (15) onto each end of the Bar. Secure each Band with a LARGE SPRING CLIP (65).
- ☐ Select desired amount of resistance you wish to use and secure Band into the position using a 3/8" X 4 1/2" ZINC PIN (67) and SMALL SPRING SLIP (66).

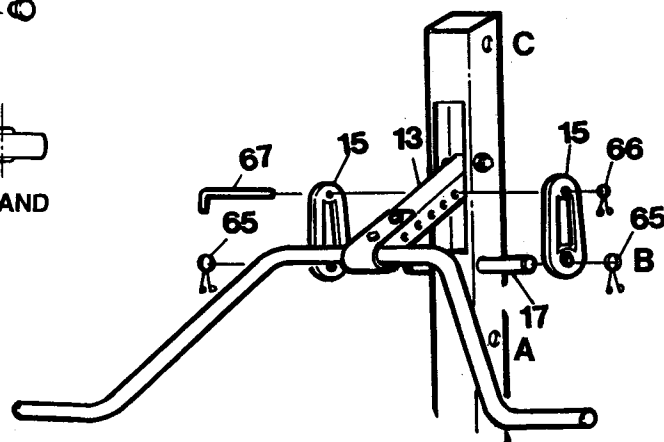
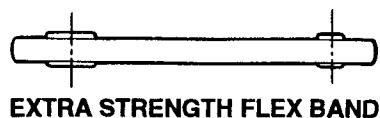
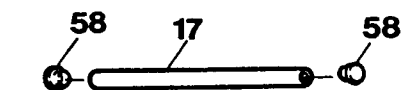
MILITARY PRESS:

- ☐ Position 3/4" X 6" FLEX BAND BAR (17) into POSITION "B" to do all seated press exercises. Bar position can be changed from one anchoring hole to another without having to remove bands from the Arm Press Arm by simply sliding the pin completely out of the Bands and Upright and re-pinning in the other location.

LAT PULL-DOWNS:

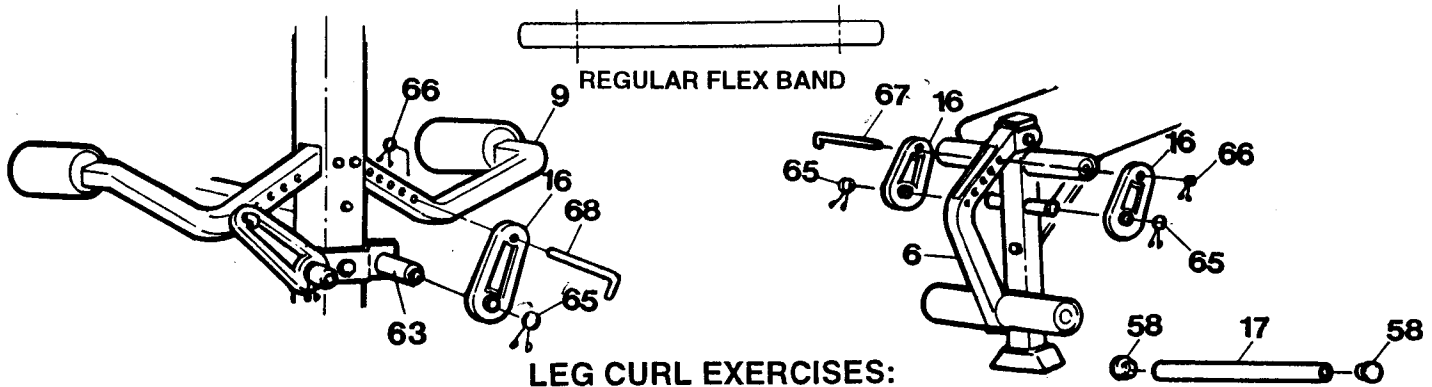
- ☐ Move Band Bar to the top POSITION "C" for Pull-Down Exercises.

» **NOTE:** When using the other stations, the Lat Bar can be pinned in the up position by using a BAND PIN (67) and a SMALL SPRING CLIP (66) to pin into the slot in the Upright frame and into and through one of the resistance holes in the Arm Press Arm.



BUTTERFLY EXERCISES

- ☐ Insert **FLEX BANDS (16)** onto **BEVELED SPACERS (63)** on the **MOUNTING BRACKET (11)** on the back of the **UPRIGHT (1)**. Secure each band with a **LARGE SPRING CLIP (65)**.
- ☐ Secure other end of the Flex Bands to the **BUTTERFLY ARMS (9)** and **(10)** using **3/8" X 3 1/4" ZINC PINS (68)** and **SMALL SPRING CLIPS (66)**.
- ☐ Resistance can be selected from 15 to 55 lbs. per arm as per your choice. For proper conditioning you should always use the same amount of resistance on each arm when working both arms at once.



LEG CURL EXERCISES:

- ☐ Into each end of the **3/4" X 6" FLEX BAND BAR (17)** insert a **3/4" ROUND PLASTIC CAP (58)**.
- ☐ Insert the Band Bar into the Bar location holes in the front leg of the Backbone. Assemble **FLEX BANDS (16)** onto each side of the Bar and secure each with a **LARGE SPRING CLIP (65)**.
- ☐ Attach the other end of the Flex Band to the desired resistance hole setting in the **LEG CURL (6)** using a **3/8" X 4 1/2" ZINC PIN (67)** and a **SMALL SPRING CLIP (66)**.

LEG EXTENSIONS:

- ☐ To do Leg Extensions, sit so that your legs are over the foot of the bench and the Foam Rollers are in the bend of the knees. Position feet behind the Foam Rollers and extend the legs forward until straight. If you are unable to straighten legs fully, reduce the resistance until it is possible. As you build strength in your legs, you can increase the resistance.

LEG CURLS:

- ☐ Laying on your stomach, position your body so that your knees are atop the Foam Rollers at the foot of the bench.
- ☐ Hook heels under the Roller Pads at the end of the Leg Curl Arm. Bring feet back over legs as far as possible, then slowly straighten legs back to beginning position.

BICEPS CURLS & ROWING:

- ☐ Some additional exercises that can be performed with the Leg Curl are Seated Biceps Curls and Seated Rowing.
- ☐ By removing the Foam Rollers from the Pad Bar at the end of the Leg Curl the Bar acts as a Curl Bar.

SEATED ROWING:

- ☐ Again positioned forward on the Bench, reach forward and grasp the Pad Bar. Pull back on Leg Curl to touch chest while keeping elbows extended and away from your body.

GENERAL EXERCISE NOTE:

As in any exercise program, start out doing exercises at a resistance setting that you are comfortable with.

Do repetitive sets of exercises to condition your muscles before increasing the pounds of resistance.

Over the days and weeks gradually increase the number of reps, sets and resistance as your muscular endurance